Sleep Assignments

Part I

Read: 197-202

Create a **power point on the stages of sleep**. Your group/pair is responsible for one of those stages (4) plus REM sleep. Therefore, five stages.

You need not make that many slides. Be sure to end your slide show with a citation of references.

This is to be done in class. And must be completed within 20 minutes. Do not knock yourselves out here, but do be sure to cover the most important points.

Set one computer on the loop program to display your work.

Part II

For yourself create a **retrieval chart**. Be sure to set it up so that you have enough rows and columns for the information that you will be collecting about the stages, and the sources of information.

Now, move around that room going to each of the displays of information regarding sleep and learn.

Part III

Read: 202-206

For the next class go back to the wikispace and watch the video or read the article on sleep apnea amongst teens and how orthodontists are dealing with this problem. Next refer to the same webpage, and do some light research on a particular **sleeping problem.** This should be done at home, use of a portion of class time is allowed for setting up your presentation (half an hour).

Again, set up your presentation on your laptop. Again, do cite any source used for your presentation. Set it on loop and display. Move around the room and take notes from each other. This assignment is to be done on your own.

N.B. As above set up for yourself a retrieval chart (or something like it) for which you can take notes and organize your information.

Part IV

Read: 207-209

***Altered States of Consciousness: Dreams***

For some dream interpretation is a “window to the soul”. Others contend that dreams are nothing more than your brain defragmenting itself.

For this assignment you are to write a position paper of no less than 600 words and no more than 1,200 words on the following question.

**Are dreams a useful psychological tool?**

This paper is due October 22, (Blocks A & E) October 23 (Block C), 2008 . It must be typed. It must have included on a separate piece of paper a bibliography with at least three sources one of which must be a book or periodical article. It must have a title page. You must footnote using APA.

This paper will be worth 30 points, and will be marked in accordance with the rubric used for your first essay.